

Body-Solid®
Built for Life



Item Number
G3S

Assembled Dimensions
80"L x 47"W x 83½"H
Live Working Area
85"L x 47"W x 83½"H

**Assembled Dimensions
with Optional Leg Press**
80"L x 72"W x 83½"H
Live Working Area
91"L x 72"W x 83½"H

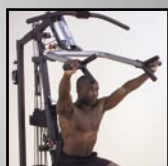


G3S Shown with
Optional Leg Press / Calf Press Station
& Aluminum Pulleys

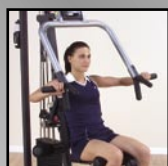
G3S Multi-Station Gym

Advanced engineering has resulted in exceptional range of motion and full adjustability for any size user. The multi-grip press arm system delivers deep and effective muscle interaction for chest, incline and shoulder press movements. No need to sit on the floor to perform rowing exercises with the G3S, simply grasp the mid row handles for an exhilarating mid and lower back workout that will increase flexibility, build strength and relieve lower back stress. Switch between high, mid and low pulley exercises quickly and easily with the G3S' no cable change design. Perform lat pull downs, triceps press downs, biceps curls, resistance abdominal crunches and dozens more exercises with the included cable attachments. The Leg Extension / Leg Curl Station is fully adjustable to comfortably fit any size user and features thick foam rollers for maximum comfort. Add the optional Leg Press / Calf Press station for the ultimate lower body workout with up to 420 lbs. of resistance. The G3S is a total body fitness machine that is built to last and bring you a LIFETIME of effective workouts... guaranteed.

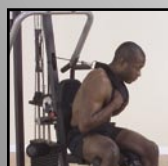
Perform over 40 club quality exercises including:



Shoulder Press



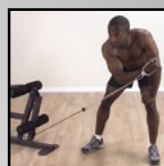
Chest Press



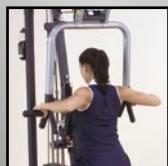
Oblique Crunch



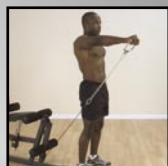
Leg Abduction



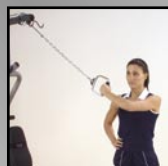
Concentration
Curl



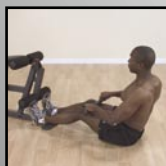
Chest Supported
Mid Row



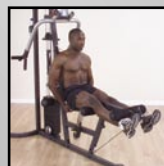
Front Deltoid
Raise



High Pulley Reverse
Crossover



Seated Row



Leg Extension
Leg Curl

KEY FEATURES:

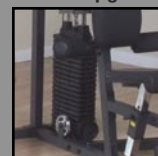
- 160 lb Selectorized Weight Stack
210 lb Weight Stack Available
- Includes Lat Bar, Straight Bar, Ab / Tricep Strap and Ankle Strap
- Chest Supported Mid Row Station
- Leg Developer Station features SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- Two-way Adjustable Back Pad
- Instructional DVD and Full Size Exercise Chart

OPTIONS:

- Leg Press / Calf Press Station (2:1 Ratio)
- 50 lb Weight Stack Upgrade Kit



Item # GLP



Item # SP50

- Aluminum Pulleys



Item # GAP3

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